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A SHORT
ACCOUNT
OF
Certain Remedies
Used in the
C U R E
OF THE
G O U T.

By GILBERT NELSON.

L O N D O N:

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ACCOUNT

of

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GOULT

BY GILBERT T. HARRIS

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A Short Account of certain
R E M E D I E S *used in the*
C U R E *of the* G O U T.



BEFORE I proceed to speak of the Medicines themselves, I will in few Words give an Idea of the Nature of that Disease which they are design'd to Remedy, by considering it under the following Circumstances, as it regards ;

First, Persons of gouty Dispositions.

Secondly, The Fits of a Gout when form'd, and the particular manner of their Formation.

Thirdly, The Intervals of Fits

*The State
of Persons
of gouty
Disposi-
tions.*

I. Of Persons of gouty Dispositions, or that hitherto have not suffered a Fit of the Gout: And these are such ~~As~~ (for any thing that is observed to the contrary) are in a perfect degree of Health (inasmuch as it consists in the Contractions of their Solids, and the Resistance of the circulating Fluids, bearing an exact Proportion each to other) yet at the same time there are intimately mix'd with the Blood, Particles which, upon divers Occasions, may be separated from it, and produce the Disease under our present Consideration, as shall be shewn,

*The Com-
position
and State
of Hu-
man
Blood.*

II. The Constitution and State of Human Blood (the Vehicle of the gouty Salts) has already been considered in a Tract I lately publish'd upon the Nature, Cause, and Symptoms of the Gout; Printed for T. Warner in Pater-noster-Row, to which I refer you. See Pages 42, 43, 44.

III. Th

III. The Salts with which the Blood ^{Of the Salts in the Blood.} is impregnated are, by the great Mr. Boyle, said to be of two Kinds, viz. A Marine Salt which contains an Acid; and a Volatile Alcalious Salt, which will foam and ferment with an Acid; So long as these Salts continue to be in due Quantity, and are (with the Sulphurs in the Blood) kept in a kind of Fusion by the Elastick Force of the Solids, the Person will remain free ^{P. 43.} from the Gout; but when the Blood becomes over-stock'd with them, and they are by any means coagulated, they are then separated from the Blood, occasion an Hurry and Disorder in the Frame, and are critically cast upon the Joynts of the Extremities ^{When fix'd and coagulated, they compose the gouty Salts.} particularly, there forming the Gout: See P. 36, 37.

IV. The Causes of the Blood's being over-stock'd with these Salts and Humors, are set down in the 5th and 6th Pages of the mention'd Treatise, ^{The Causes of the Redundancy of the Salts and Humors in the Blood, refer'd to.} under

under the Heads of Persons who are liable to the Gout, and in the Remark thereon, extending to the 14th Page inclusive; as also in the 9th Sect. from Page 33, to 35.

*Of the
divers
ways the
Salts may
be separated
from the
Blood,
and induce the
Gout.*

V. As to the Causes of their Separation from the Blood, and forming a Fit (the next Thing offering it self to be consider'd) they may be reduc'd to these, viz.

*1. From a
Want of
due Heat
and Motion.*

To a Want of that due Heat and Motion which is necessary to maintain them in a State of perfect Mixture, whereupon their Principles disengaging, these Bodies contract an ill Disposition, and acquire an Acidity and a putrifying Heat; and when they can be no longer govern'd by Nature, they break out into a Species, and fall upon the Joynts, producing grievous Pains in the Ligaments and Membranes covering the Bones. See Page 35. Or,

Secondly,

Secondly, By the accruing of some adventitious Acid to the Blood, occasioning a Luctus or Fermentation with the Volatile Alcalious Salts, thereby fixing and coagulating them and the other Salts in it; which may be produc'd either by the Mixture of the Acid Particles of the Air with the Blood, or from Acids taken into the Body. These are the several Means whereby a Coagulation and Separation of the Salts in the Blood are performed, and a Fit of the Gout brought on; which leads me to speak of the particular Manner how Fits of the Gout are formed.

2. From
Acids
convey'd
by the
Air or
Food.

VI. We have seen what the Blood is, and that it contains a Volatile Alcalious Salt, which ferments with an Acid; consequent to which Fermentation, a violent Motion is induced in the Mass, whence a Fever or Feverish Disposition is rais'd, such as constantly accompanies the coming on of a Fit

The Man-
ner of the
Forma-
tion of
Fits of
the Gout.

Fit of the Gout. (See Pag. 16) And as it is the Operation of all Acids to fix and coagulate Volatile Alkalies (as it is manifest they do from ordinary Experiments, and from divers Chymical Preparations) so is it highly reasonable to believe that as the Blood abounds with Alcalious Salts, both Volatile and fix'd, that some more powerful Acid than ordinary, gaining Admission into the Blood, or acquired by the Want of due Motion of the Principles in the Blood, should fix the Volatile Alcalious Salts, or coagulate the Alimentary and other Salts in it, so rendering them an Annoyance to the Animal Functions, by forming them into Clusters too gross for a free Circulation, it is therefore not at all strange that these unactive combin'd Salts should be driven out and lodg'd in the Extremities; and whenever the gouty Salts crowd into the small, tender, Vessels in sufficient Quantity to stretch them so that they cannot

cannot suffer any farther Distention ; and are incapacitated to transpire, by reason a perfect Digestion of them is not yet accomplish'd, it is no wonder that the Vessels should burst, and deposite their gouty Contents upon the Ligaments of the Joynts, as is often seen, in the Similitude of Chalk-stones.

Thus are Fits of the Gout formed, whether from an acquired Acidity by Rest, or the Admission of potent Acids into the Blood by the Food.

Hence is seen the Reason why Rhenish, small French-Wines, &c. when drank by People of gouty Dispositions, soon produce a Fit.

VII. Having referr'd to the Parts of *The History of the Gout* my Treatise where the Causes of the Blood's being over-stock'd with Salts *re-ferr'd to.* and Humors are particularly treated of, and herein spoken to the several means which can induce a Coagulation

B tion

tion or Fixation of them, to bringing on a Fit ; I should proceed to deliver the History of the Gout, but that I have already done it in the aforementioned Book, where the Progress of Fits, and the Symptoms as they arise, are amply set down, whether they attend Regular or Irregular Gouts, See from Pag. 15 to 30.

In the next Place let us consider the State of Persons in the Intervals of Fits.

*The State
of Persons
in the In-
tervals of
Fits of
the Gout.*

See P. 2

Pag. 27.

VIII. In the Intervals of Fits, the Patient is altogether in the same Plight as has been said above, concerning Persons of a gouty Disposition ; except in those labouring in the last Stages of an Irregular Gout, for as the natural Powers of those who have been long and much afflicted with the Gout are more impair'd, so the Returns of the Fits may be more frequent, and form'd upon more slight Occasions, and the
Lame-

Lamenefs caused thereby remain longer than in the Case of Regular Gouts ; but otherwise the Difference between those in the Intervals of Fits and healthy People is indiscernible: Whence it is that if a Person falls ill of any other Distemper in the Intervals of the Gout, Evacuations are made, and Medicines are exhibited as are judged suitable to that particular Distemper, without any Regard had to the Gout.

Thus having concisely mentioned as much as is necessary to enable any One to form a just Notion of the State of gouty Persons, and of the Disease ; so that a clear Judgment may be easily made of any Remedy or Remedies which may be offered towards its Cure ; I will go on to treat of the Means of Cure, and of some peculiar Remedies for the obtaining so desirable an End, which are founded upon Experiments, and have been confirm'd by a most Successfull Practice.

The Curative Intentions regard either the Time of a Fit, or their Intervals.

IX. From this View taken of the Gout, the Curative Intentions must regard the Time of a Fit, or the Intervals of Fits.

The Curative Intentions, what.

In a Fit they are twofold ; *First*, To assist Nature in the procuring the gouty Salts and Humors to be thrust on the Extream Parts ; and *Secondly*, To assist her likewise in the digesting the gouty Salts which obstruct the small Vessels composing the Glands in the Joynts, &c. so fitting them for Expulsion by Transpiration. But the only Time afforded to set about eradicating the Disease, is in the Intervals of Fits ; and the Intentions then to be pursued are, The Correction of the coagulating Acid, and the Resolution of the gouty Salts (which are in the Blood, and have not yet been flung upon the Extremities, as well as those which have been return'd into the Habit during a Fit) to such Fineness, that they may be detach'd quite out of the Body

No Time allow'd to attempt an absolute Cure of the Gout, but that of its Intervals.

Body by the Perspirable and other Outlets, and the procuring such Discharge : Of the Possibility and Probability of satisfying these Intentions, you will find sufficient Proof in the mentioned Treatise in Pages 57 and following. But of peculiar Remedies to effect the same, is what I now intend to speak to : In order to which,

X. Method requires that we first of all consider a Fit of the Gout as already form'd, for from thence the Disease has its Appellation.

It is evident from what has been said, that this Disease has, for its immediate Cause, the Separation of superfluous and heterogeneous Particles from the Blood with which they circulated intimately mix'd, both before the Formation of a Fit, in Persons of a gouty Disposition ; as did they likewise in the Intervals of Fits ; but when by any of the recited Means a Coagulation

The immediate Cause of the Gout what.

agulation and Separation of them is caused, they are thrown upon the Extremities of the Limbs, there constituting the Gout: To get rid of which, let us be inform'd of the true Method Nature takes; whereby we may be probably led to a Knowledge in what manner to imitate and assist her in the Work, by Art; promoting thereby her Endeavours, and hastening that Effect which at length might be produced without such Aid, tho' with much greater Security, and more effectually so assisted.

*Nature's
Method
of digest-
ing the
gouty
Salts in
the Ex-
tremities,
explain'd.*

The coagulated gouty Salts, tho' separated from the Blood, are mix'd with and attended by the coagulating Acid, to the Places whereon they are cast; manifested by the gnawing, burning Pain endured upon the Fit's Accession: This, with the Alcalious Salts it accompanies, obstructed in their Passage, by the narrowness of the small Vessels in the Extremities, stagnate;
upon

upon which a Conflict between the Acid and these Salts arises in that Part (such as did at first in the Stomach, &c. upon the Admission or Separation of the coagulating Acid therein ; whence the Crudities, Belchings, and Distention of that Organ, with the puffing up of several Parts of the Body with Wind, which are generally observ'd to precede a Fit of the Gout : Afterwards the same Effects of a Fermentation is observ'd in the larger Blood-Vessels, especially those passing down the Thighs ; whence the Complaint of a Sensation like that of the descent of Wind thro' the Flesh of those Parts toward the Extremities, Convulsive Twitches, Swelling of the Veins, Numb'dness, &c. the certain Forerunners of an immediate Fit.) By the Conflict of these Salts of different Natures, the most subtil, active Particles of the acid Humor are raised in Fumes and Steams, which pierce the Coats of the including Vessels, creat-

ing

ing most intense Pain ; the surrounding Parts are by degrees puffed up and distended, to afford room for these fluctuating Bodies, and when Matters are come to this pass, the Pain remits, and the Fit goes off ; thus at length the gouty Salts lodged in the Extremities are digested to a Fineness suited for immediate Transpiration at the Part, or at least to a Smallness sufficient for their Passage thro' the including narrow Vessels ; in like manner as the Food is digested and made Chyle in the Stomach, viz. by means of an Acid Humor, Heat, and the Tonick Motion of the including Parts ; which perform'd, all Pain ceases, and a Solution of that Fit Follows.

An Argument for the Concurrence of an Acid in the Digestion of the gouty Salts in the Extremities in a natural Way, may be taken from Dr. Sydenham's Observation, That, " in this " Disease, Pain is Nature's most bitter " Medi-

“ Medicine; for the more violent it
 “ is, the sooner will the Fits pass over,
 “ and the Interval will be longer and
 “ more perfect; (because Digestion has
 been more effectually performed by
 means of the attending Acid, which
 has been observ’d above to be the
 chief Occasion of Pain; tho’ the En-
 deavour of the combin’d gouty Salts
 to pass thro’ tense and narrow Ves-
 sels must contribute thereto) “ and,
 “ on the contrary, the lighter is the
 “ Pain, the longer will be the Fit, and
 “ shorter the Interval.

Furthermore, in proof of what I
 have urged concerning the Digestion of
 the gouty Matter lodged in the Ex-
 tremities by an Acid, as the main In-
 strument; let me observe that the gouty
 Chalk-Stones which are sometimes *The gouty*
 left upon the Joynts, after Fits of the *Concre-*
 Gout, tho’ they incumber, and render *tions on*
 Motionless the Part, yet give no Pain *the Joynts*
 to the Place of their Residence; and *how*
 C *formed,* the

the Reason seems to be, because the Acid Humor, which at first caus'd the Separation of the gouty Salts from the Blood, and accompanied them to the Extremities, ~~being~~^{is} over-power'd and destroyed by an over-proportionate Quantity of the Alcaline Salts, ^{which} in the mention'd Fermentative Conflict, ~~they~~ are left a Mass of a mix'd Nature (and therefore I suppose by some call'd Tartarous) most fix'd and permanent; but without any Possibility of causing a painful Sensation, for the Reason above assigned: If the Acid Humor had been in greater Proportion to the Alcaline Salts; so thorough a Digestion of the gouty Matter would have necessarily followed, that those Concretions (called gouty Chalk-Stones) would never have been form'd at all; except in the Case of Extravasation, mentioned in Page 7th of this Account, where the Vessels are supposed to be burst by the crowding in of a too large Quantity of the
gouty

gouty Salts, before a perfect Digestion of them is performed.

The gouty Salts being collected in the Extremities of the Limbs, what should hinder an outward Application whose Specifick Virtue is to reduce Bodies of their peculiar Composition to a Subtilty fit for Transpiration, and which at the same time is applicable to the Part affected) from exerting its full Force and Power in Digestion of the gouty Matter, in Conjunction with the Acid Humor accompanying that Matter? Let us consider likewise, that the Seat of the collected gouty Salts deep as can be imagin'd in the Extremities of the Limbs, yet cannot be much beneath the Surface of the Skin; except in the Case of a great Swelling which does not happen 'till the Fit is going off, when Nature has so far conquer'd the Disease, by digesting the offending Matter, that it is ready to pass by Transpiration, or else to be re-

The Reasonableness of a Topical Resolutive Application to the Parts affected, in time of a Fit. shew.

turned upon the Habit) and in this Case the Tumor, instead of being an Hindrance to the Passage of the Remedy to the gouty Salts, renders it still more easy; the Parts at that time imbibing more readily whatever is applied; (especially if it be in a Fluid Form) for in this State of Distention and Puffedness, they are spongy, and of a more loose Texture than at other times; Therefore both before and at the time of their Distention it is seen that the Remedy may arrive at the gouty Bodies, and that without suffering any Alteration.

Hence, that a Remedy may come to and act upon such Bodies while contain'd within the Parts in the same Manner as they would, were they taken out and subjected to its more visible immediate Power, is incontestable: And that the Topical Medicine which I am recommending to be used in the time of a Fit, is endued with such a Resolutive

The proposed Topical Medicine specifies

lutive Property when applied to gouty ^{ally Reso-}
 Matter, is manifest, in that it reduces ^{lutive of}
 to the greatest Subtilty imaginable, ^{the most}
 even to a Vapour, the hard stony ^{compact}
 Concretions which are sometimes cast ^{gouty Bo-}
 off in Fits of the Gout, (the Matter ^{dies.}
 of which, while circulating with the
 Blood, was the Parent of the Disease,
 and, when deposited on the Joynts, is
 the Disease it self.) To the Truth of
 which Fact I have many Witnesses of
 greatest Probity. Since therefore it is
 capable of acting so powerfully upon
 these firmly compacted Stones, how
 much more likely is it to be effectual
 in resolving Bodies of the same Com-
 position, but of a more yielding Tex-
 ture? which is the true Nature and
 State of them while they remain intra
 Vasa, tho' when extravasated the more
 moist Part evaporating, leaves what
 cannot so transpire, an Union of Par-
 ticles most fix'd and permanent.

In the next Place I will speak of
 this

this Topical Remedy as introduc'd into Practice; and herein I shall observe in what manner it acts when applied to the affected Parts, by which it will be freed from any Liableness of being suspected either of Uncertainty or Hurtfulness.

The Action of this Remedy, and Nature's Method of digesting the gouty Salts, compar'd.

Page 22.

XI. First then, when the Part in which the gouty Salts are contain'd is embrocated therewith, a puffing up of that Part soon follows, upon which the Patient enjoys the Ease that is experienc'd by the like Swelling observable upon the Fit's going off in a natural Way, and as a Fit of the Gout when left entirely to Nature's Course, goes off with an Itching and Scaling of the Part, so does it in the Solution of One by this Application, but in a much shorter time. Thus is the Termination of a Fit by this means effected most adequately to Nature's own Method of dealing with the Gout, with this considerable Advantage on its Side,

Side, that whereas in a Solution of a Fit of the Gout, when left to Nature's working, such Part of the gouty Matter which is not digested to a Fitness for Transpiration, is either left on the Joynts in Chalky Nodes, or returns upon the Habit in Combinations too gross to be expelled by the Organs of Excretion ; producing as they happen to be excited, fresh Fits ; By the Assistance of this Application no Part of the gouty Matter remains undigested, or returns, but what is reduced to so great degree of Subtilty, that such of it as does not immediately transpire, gains its Exit at any of the natural Outlets to which it is presented in the Course of its Circulation, even if its Evacuation was not promoted ; but in the Method I pursue, its Discharge is procured by Internal Medicine, which gently promotes the Perspirable and the other Excretions in a most easy and effectual Manner, thereby freeing the Body from any further Annoy.

Annoyance to the Animal Functions by the gouty Salts.

*The Fear
that the
gouty
Matter by
this Ap-
plication
may be
translated
from the
Extremi-
ties to the
Stomach,
&c. obvi-
ated.*

Hence appears the Groundlessness of any Fear, that the gouty Matter may by this Method be translated from the Extremities and flung upon the Stomach, Brain, &c. Which indeed would be greatly endanger'd by any Application that discusses the gouty Matter previous to its Resolution; but where it is reduced to such a State, as has been described; all Jealousy of such sort vanishes.

From the whole, it is seen, that the Intention to be satisfyed in time of a Fit, is a Digestion or Resolution of the fix'd gouty Salts deposited in the Joynts, that they may pass off by Transpiration, &c. It has likewise been shewn, what Method Nature takes; First, in freeing the Animal Functions from the Annoyance of the fix'd and coagulated Salts, viz. by de-
positing

positing them upon the Joynts of the Extremities, there forming the Gout : And Secondly, during their Residence there, the true Means and Instruments she uses in digesting the gouty Matter to a Fineness suited to immediate Transpiration, at the Part, or at least sufficient for their Protrusion thro' the small Vessels into the Habit again, so far broken that they may freely, and without Interruption circulate with the Blood, till such time as by their Re-accumulation, or being separated from it again, they form fresh Fits : All which, compared with the described Action of the proposed External Remedy, in a Fit of the Gout, proves it to be Nature's great Assistant in digesting and resolving those annoying Bodies in a shorter time, and much more effectually than cou'd be done without it.

Thus much of the Management of a Fit of the Gout. But,

*Certain
Remedies
for the ef-
fecting an
absolute
Cure of
the Gout,
recom-
mended.*

*Vide Pag.
33, 34, 35.*

XII. Since an absolute Cure of the Gout can be attempted at no other time but in the Intervals of Fits, I proceed to speak of Remedies to be used at such times : And here, if we reflect upon the remote Causes of the Gout, and the State of Persons of such an Habit, it is plain that they must be endued with the Properties of restoring Nature to the regular and due Performance of all her Offices of Concoction and Digestion, &c, and the strengthening the debilitated Fibres of the Vessels, &c. in the last Scenes of Digestion ; that by their Elastick Tonic Powers, those Bodies may be broken small enough to pass off with the Matter of insensible Transpiration which otherwise by being retain'd would load the Habit, and lurking in the Fluids wait only for some or other of the mentioned Causes of Separation from it, to form a Fit of the Gout.

The

The Remedies I am here recommending, added to the recited Properties, are effectual likewise in the destroying the corrosive Acid which would cause the Fixation and Separation of the Salts in the Blood, and the resolving and extirpating the already fix'd gouty Salts: If they are used by Persons of gouty Dispositions, they will, with the utmost Certainty, prevent the Fixation of the Salts in the Blood, so preserving the Person from the Attack of a Fit.

These Remedies used by Persons of gouty Dispositions, prevent the Fixation of the Salts in the Blood; and in the Intervals of Fits answer every Intention necessary to effect a perfect and absolute Cure of the Gout.

In a Fit they assist Nature in casting the gouty Salts on the Extremities and in their Digestion, and Expulsion by Transpiration, &c. And,

In the Intervals of Fits, they recover and strengthen the weaken'd Digestions; give new Force and Firmness to the debilitated Fibres, producing thereby an accelerated Motion and Warmth to the languid Blood,

and an entire Renovation of the Springs of Life ; preserving all the Organs of Excretion in such State, that their Fæculencies are in due time and order carried off: They are endued with a Specifick Property of resolving the gouty Salts which lurk in the Fluids and have not yet been separated from them, as well as those which were returned into the Blood and Habit, upon the Solution of preceding Fits ; to such a Fineness, as that their Exit are actually procured, at the Perspirable and other Outlets: They defend those Salts in the Blood which are necessary for the important Purposes of animal Action from a Liableness of being fix'd and coagulated by any of the forementioned Means. These are the certain Effects of the Anti-Arthritick Remedies I am pressing the Use of; in the Detail of whose Virtues I have not exceeded one Jot the Bounds of rigid Truth (as the extraordinary good Success constantly attending the Use of

of them hath testified) but can justly say that I have omitted to give them due Encomium; in a Word, they are absolutely endued with a Power of accomplishing every Intention in this Disease, both Preventive and Curative.

For the time of Continuance in the Use of Remedies in the Intervals of Fits, take the Advice of Dr. Sydenham, who in his Treatise of the Gout says, “ This must be first taken Notice of, and chiefly observ’d above all things I am about to mention, concerning the Cure of the Gout, namely, that all Digestive or Resolutive Medicines whatsoever, are not to be taken up by the bye, but must be used constantly and daily with the greatest Diligence; for whereas in this Disease, the Cause of it has pass’d into an Habit, and as it were become a new Nature: No Man in his right Senses, can think

Sydenham's Advice concerning the time of continuing in the use of Medicines of a resolute Nature.

“ think that some small and short
 “ Alteration, super-induced upon the
 “ Blood and Humors, can per-
 “ fect the Cure; for the whole Habit
 “ of the Body must be changed, and
 “ the whole Man must be as it were
 “ new-fram’d: For this Habit being
 “ chiefly founded, and consisting both
 “ in the Weakness of all the Digestions,
 “ and in the Want of the natural
 “ Strength of the Parts, we must pro-
 “ vide against both these Ills, and the
 “ Strength of Concoction, as well as
 “ the Soundness of the Parts, must
 “ be reduced and restor’d gradually
 “ to the former State and Oeconomy
 “ of the Body. It is manifest there-
 “ fore that he that endeavours to cure
 “ this Disease, ought to make it his
 “ Business to change the Habit of his
 “ whole Body, and to restore its old
 “ Constitution, as much as Age, and
 “ other Circumstances will permit;
 “ which must be endeavour’d in the
 “ Spaces between the Fits; not when
 “ the

“ the Fits are on, for when the Fomes
 “ is not only generated, but now is
 “ cast upon the Joynts, it is too late
 “ to strive to change it, or to cast it
 “ out any other way, for it is to be
 “ ejected by no other Method than
 “ Nature points out.

Somewhat might here be added ^{*of Diet and Exercise.*} concerning Diet and Exercise in this Disease, but that wou'd lead me farther than I at first design'd; I shall therefore, with regard to Meats and Drink, only advise in general, that the Food be such as is of an easy Digestion, and in Quantity such as the Stomach can easily digest; for by more, the Disease wou'd be heightened; and on the other hand, from a too great Abstinence, the Constitution will be robb'd of its due Support and Vigour, which are equally hurtful. As to Drinks, such are to be chosen that are neither as strong as Wine, nor as weak as Water; the first extream exagitating the Fomes of this Disease,

Disease, and perverting all the Animal Functions ; but the latter, by extinguishing the natural Heat, so necessary to be maintain'd for the duly performing the Work of Digestion, produces the greater Evil of the too ; not Pain, as Wine doth, but Death it self : What might be added of the Usefulness and well regulating of Exercise, is rendered in this Place the less necessary, because already spoken to in the Treatise of the Gout (Pag. 50.) to which I refer you.

George-Street,
St. Martin's-le-Grand,
February 16, 1728.

F I N I S.